

DRY BEAN OR PEA SOUP

This recipe makes enough for 8 people. .



WHAT YOU USE:

dry beans or peas
water
salt pork or bacon grease
onion
salt
pepper

MP 61

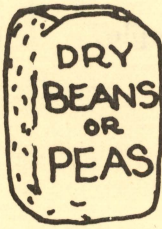
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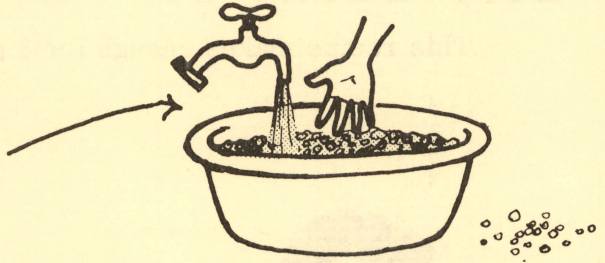
University Extension Division

DRY BEAN OR PEA SOUP

1

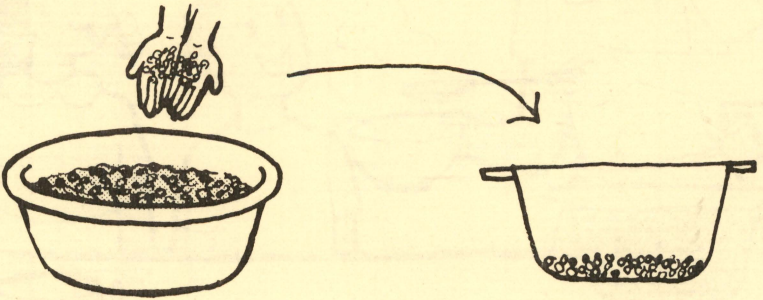


1 pound of dry beans or peas.



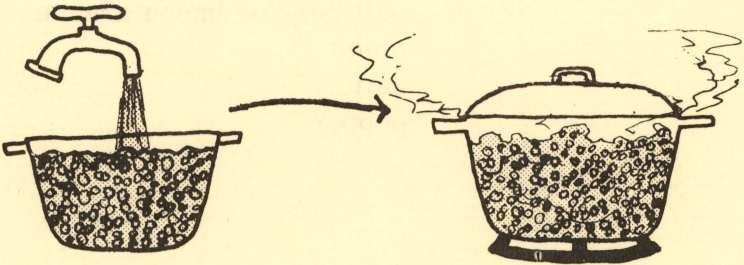
Wash them. Throw the bad ones away.

2



Put the beans or peas in a big pan.

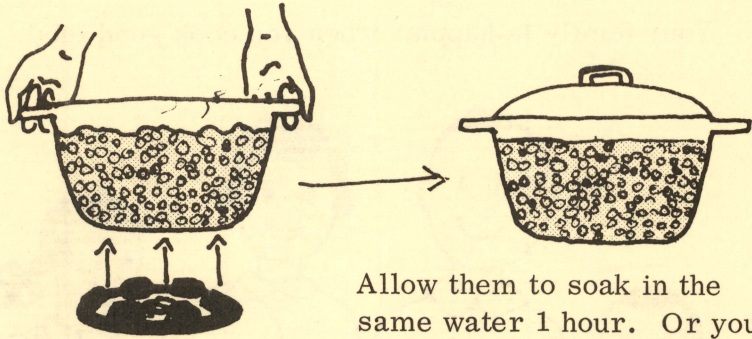
3



Cover beans or peas with about 3 quarts of water.

Boil 2 minutes.

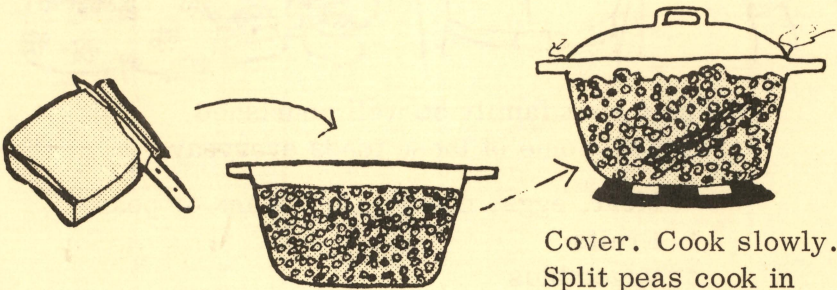
4



Then take from the stove.

Allow them to soak in the same water 1 hour. Or you can soak them overnight if you want to.

5

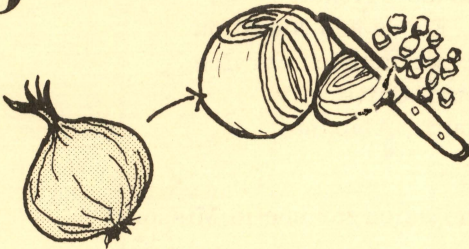


Some salt pork or grease.

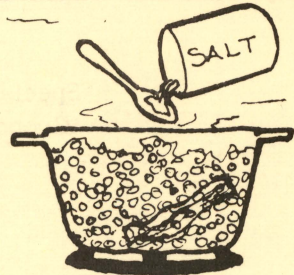
Add to beans or peas.

Cover. Cook slowly. Split peas cook in about 45 minutes. Beans cook in about 2 hours. Add more water if you need to.

6

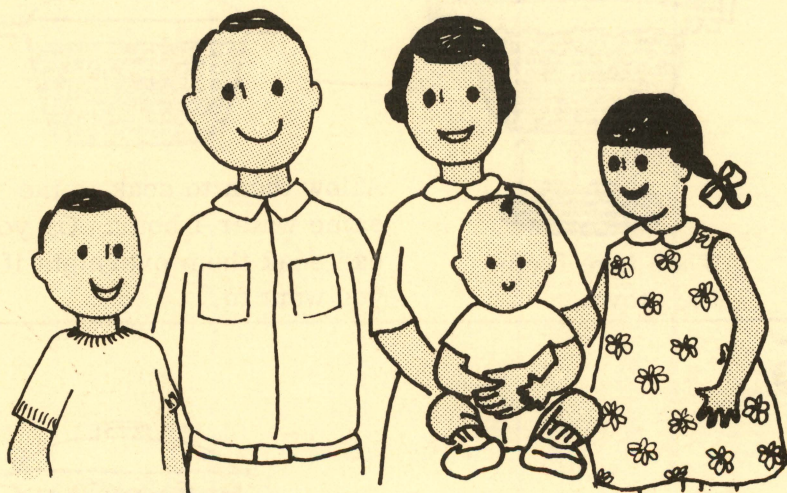


1 large onion - chopped.
Add to beans or peas.



Add salt. Cook 30 minutes more or until beans are soft.

Your family is happier when you cook good food.



To help your family be well nourished,
give them some of these foods everyday:

- * Meat, eggs, cheese, dry beans or peas
- * Fruits
- * Vegetables
- * Milk
- * Bread, rice, spaghetti, noodles, cereals

Faye Culver Thurston
Specialist, Educational Methods
and

Fariss Prickett
Specialist, Foods and Nutrition
Cooperative Extension Service
Auburn University
Auburn, Alabama

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MEAT HASH

It is good for dinner or supper.



This recipe makes enough for 6 people

WHAT YOU USE:

canned or leftover cooked meat
Irish potatoes
onion
water
salt

MP 62

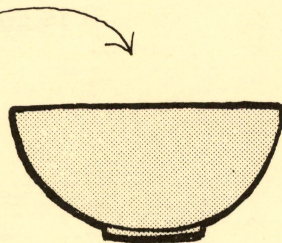
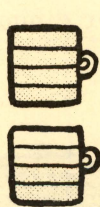
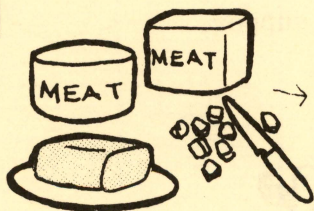
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MEAT HASH

Wash all fresh vegetables before you eat or cook them.

1

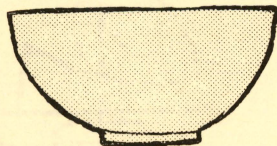
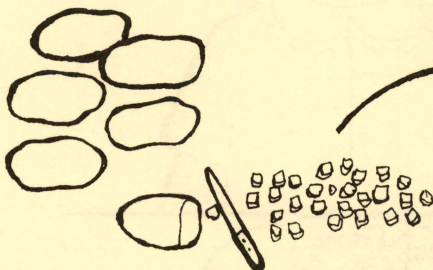


Canned or cooked
meat, chopped -

1½ cups.

Put in a bowl.

2

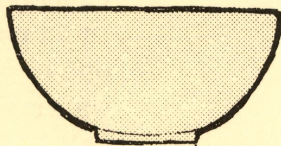
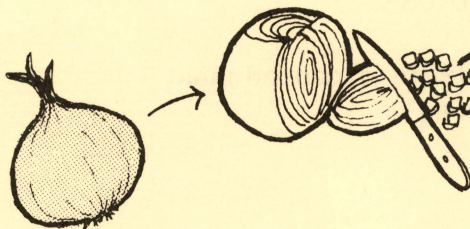


About 6 Irish
potatoes, raw -
or leftover

peeled and
chopped.

Put in the bowl.

3

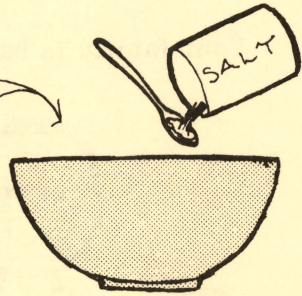
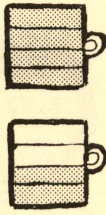
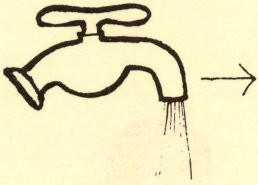


1 medium onion -

peeled and
chopped.

Put in the bowl.

4

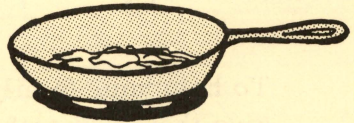
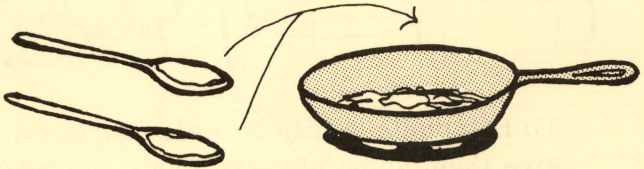


Water, milk, or
juice from meat

- about
 $1\frac{1}{2}$ cups.

Put in the bowl.
Add a little salt.
Stir.

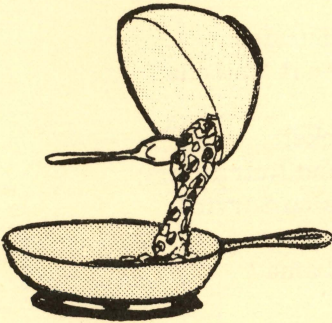
5



Fat - 2 Tablespoons.

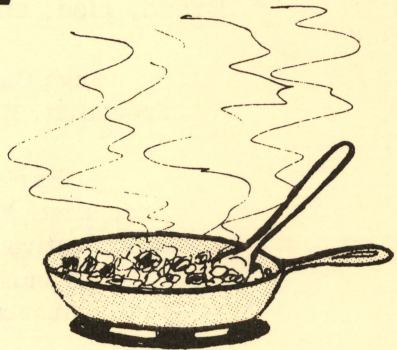
Melt the fat in
a frying pan.

6



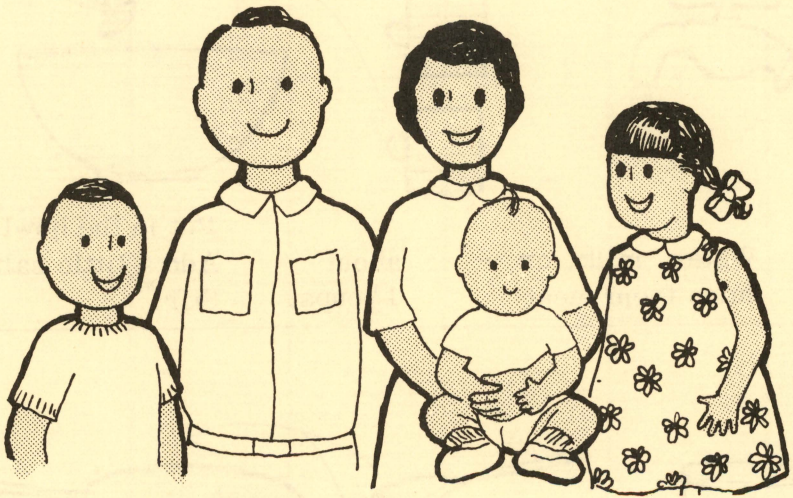
Put hash in frying pan.
Cook slowly.

7



Stir until potatoes
are brown and done.

Your family is happier when you cook good food.



To help your family be well nourished,
give them some of these foods everyday:

- * Meat, eggs, cheese, dry beans or peas
- * Fruits
- * Vegetables
- * Milk
- * Bread, rice, spaghetti, noodles, cereals

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CHEESY MAIN DISH

This recipe makes enough for 6 people.



Three Good Body Builders

- . milk
- . cheese
- . eggs

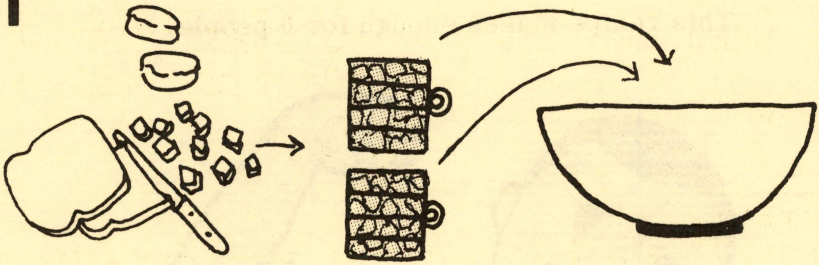
WHAT YOU USE:

bread or biscuit crumbs	water
cheese	butter or margarine
nonfat dry milk	eggs
salt	

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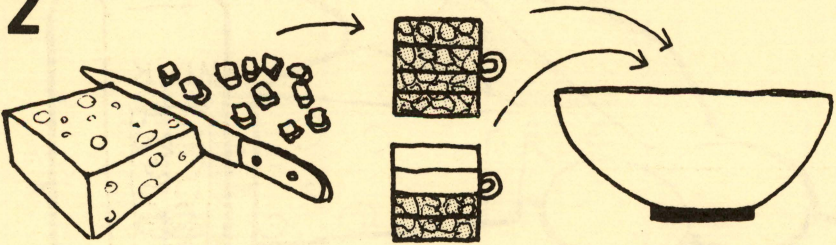
CHEESY MAIN DISH

1



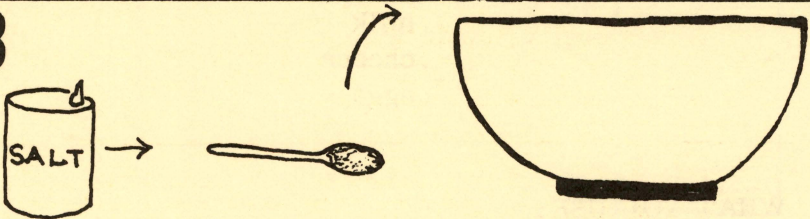
Bread or biscuit crumbs - 2 cups. Put bread in a bowl.

2

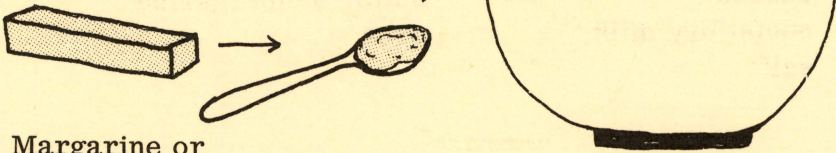


Cheese, cut in small pieces - 1½ cups. Put cheese in the bowl.

3



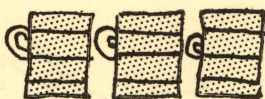
Salt - 1 teaspoon. Put in the bowl.



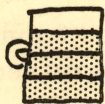
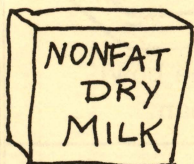
Margarine or butter - 1 Tablespoon. Put in the bowl.

4

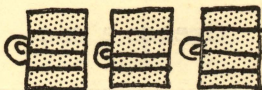
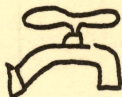
Milk 3 cups



or



+

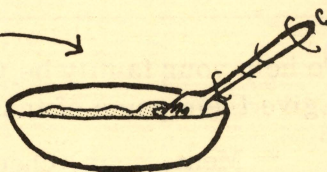
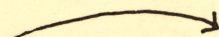
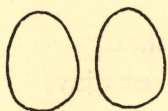


Nonfat
dry milk - 3/4 cup

Warm water 3 cups.

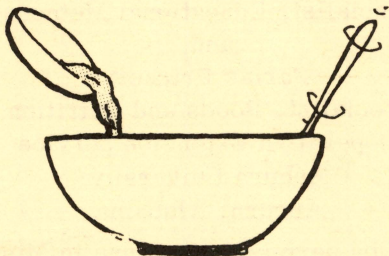
Mix as directed in MP44. Add to bowl of bread and cheese.

5



2 fresh eggs. Beat them.

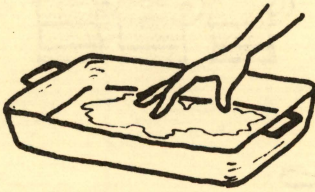
6



Pour eggs into the bowl. Mix.

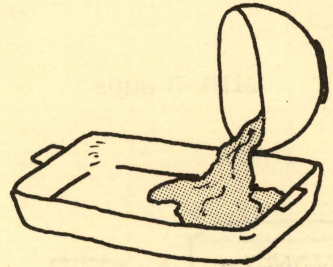
Turn Page

7



Grease a pan.

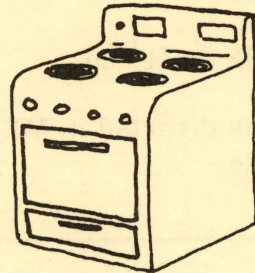
8



Pour food from the bowl into the greased pan.

9

Bake at 350 ° in the oven. Bake until firm - about 30 minutes.



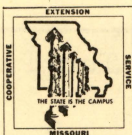
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